Therapeutic Levels of Observation and Therapeutic Passes

Leaving the unit will be determined by your psychiatrist based on safety.

#### Care, Safety and Comfort Plan

Nurses will review a safety and comfort plan with you.

Write down any questions you may have for your nurse or doctor.

## Meals

Served in the patient loungeContinental Breakfast8:00 amLunch12:00 pmDinner5:00 pm

## **Visiting Hours**

Monday to Friday 4 pm – 9 pm Saturday & Sunday 2 pm – 9 pm

These hours are in place to allow for therapeutic activities and quiet time on the unit.

There may be times where visitors are not safe to be in the Special Care Unit and therefore visitation may be subject to change. It is always beneficial to call ahead prior to visiting Special Care.

The patio, lounge, front door and special care have video surveillance.

The patio locks at 9:00 pm. The lounge is open until 10:30 pm, or later on weekends only, at nurses' discretion.

## **Phones**

Patient phone number250-314-2512Toll free1-877-288-5688

Electronics and Cellphones: Use of electronics and cellphones is determined by your psychiatrist and the Care Team as indicated in your plan of care.



# Adult Inpatient Psychiatric Unit

Royal Inland Hospital



## Patient Information Brochure

We are a smoke and scent free/reduced environment

## Welcome to I South

Our Team's aim is to support and promote your mental wellbeing by providing your care in an environment that meets your unique health needs.

## Working with you, your family and supports we will:

- Assess your needs
- Design a treatment plan
- Teach and assist with medication
- Provide both individual and group learning opportunities about mental health
- Suggest connections to helpful resources
- Support your return home

# **Our Team**

- Nurses Registered Nurses
  - Registered Psychiatric Nurses
  - Licenced Practical Nurses
- Social Workers
- Occupational Therapists
- Physicians
- Psychiatrists
- Health Care Assistants
- Aboriginal Patient Navigators
- Dietician
- Chaplain

# What to Expect

#### Process

Staff will look through all belongings brought to the ward. Pills, sharps, some electronics and scented items will be removed. Items deemed risky will be securely stored.

We recommend that you do not borrow or lend money or personal items.

## Personal Belongings

Please give your valuables to family, or friends to take home, if possible.

Some belongings may be restricted based on safety.

Cash exceeding \$20.00 will be kept in a safe in admitting.

## Safety

Let staff know if you feel uncomfortable or bothered by what is going on around you.

Tell staff how they can help you deal with anger or frustration in a safe, non violent way.

Respect the privacy and confidentiality of others: patients, their families and staff and not intrude on others' personal space.

Make any concerns known promptly and discuss them in a non threatening environment.

#### Environment

We aim to provide an environment where you will be:

- Safe from verbal, physical, sexual, emotional or financial abuse; harsh or unfair treatment.
- Safe from discrimination based on race, age, sex, religion, national origin, sexual orientation, disability or marital status.

## **Treatment Planning**

We aim to provide treatment in the least restrictive setting possible.

Determine the amount of involvement you want your family to have in your treatment.

Be available to participate in social, religious and community groups of your choice.

Know the name of the medication you are taking, why you are taking it and what its possible side effects might be.

Participate in ward programming, take this time to focus on your recovery journey.

You may be asked for a urine sample after a pass to test for alcohol and drugs. A refusal of this request will lead to an assumption of use.

Attending to personal hygiene, bed space and do your personal laundry.